

Patterns 1 – lines, curves, bumps

Trace the gray pattern, then keep it going to the end of the line. Do it again on the empty line underneath. Stay between the lines.

Straight down — the l, i and t movement



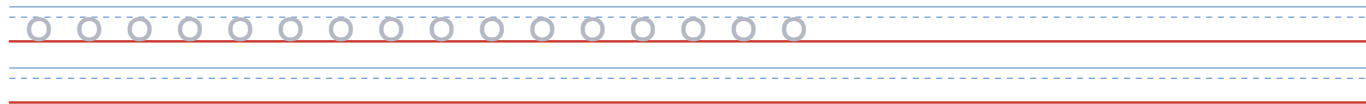
Across — the crossbar of t and f



Curl back — the c movement



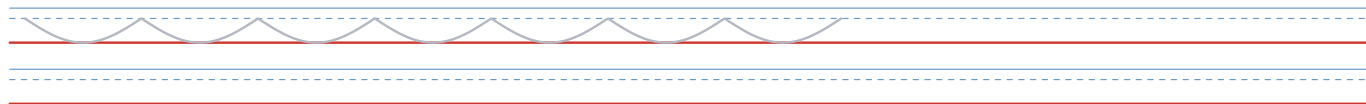
All the way round — the o movement



Bumps over — the n and m movement



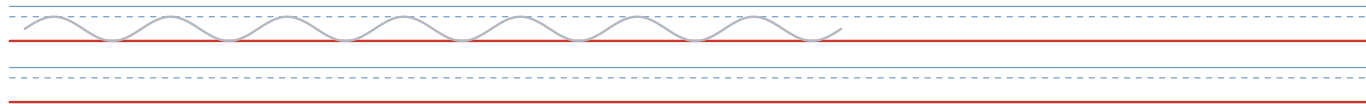
Curves under — the u movement



Small loops — the e movement



Waves — keep the pencil moving



Zigzags — sharp corners for v, w and z



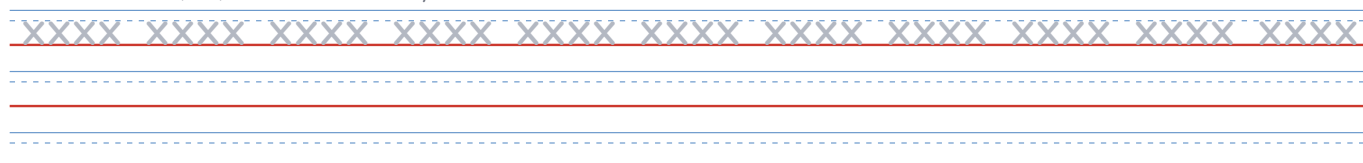
Patterns 2 – the letter shapes

The same movements, now as letters. Trace the gray row, then fill the two empty rows underneath.

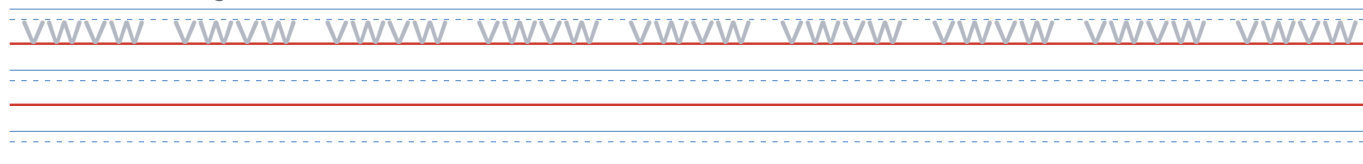
Tall lines — start at the top, straight down



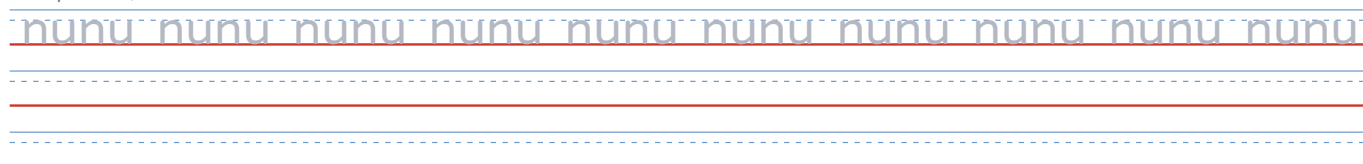
Crosses — down, lift, down the other way



Points and curves together



Bumps over, curves under



Round letters, side by side



Tall, small, tall, small



Trace each gray letter — the black one shows you the shape — and write your own copy in the gap after it. Then fill the two empty lines.

l · tall letter Start at the top. Straight down.



L Down, then across.



i · small letter Start at the middle line. Straight down. Lift — dot.



I Straight down.



t · tall letter Start near the top. Straight down. Lift — cross.



T Down. Lift — across the top.



Trace each word, then write it underneath — every one has an l, an i or a t in it.

it lit tie lie

let tile tell till

little title ill tail

Names start with a capital letter — trace, then write.

Lily Isla Tate Levi

Check: Circle your best l. Are your tall letters all the same height?

Trace each gray letter — the black one shows you the shape — and write your own copy in the gap after it. Then fill the two empty lines.

o · small letter Start at the top. Curl back, all the way round.

o o o o o o o o

O Start at the top. All the way round.

O O O O O O O O

a · small letter Start at the top. Curl back and round. Go up, then straight down.

a a a a a a a a

A Slant down. Slant down. Across.

A A A A A A A A

d · tall letter Start at the middle. Curl back and round. Go up to the top, then straight down.

d d d d d d d d

D Down. Lift — back to the top, big curve round.

D D D D D D D D

Trace each word, then write it underneath — every one has an o, an a or a d in it.

do and dog add

dad old road load

toad doll good told

Names start with a capital letter — trace, then write.

Owen Ava Dylan Ada

Check: Circle your best a. Do your round letters start at the top?

Trace each gray letter — the black one shows you the shape — and write your own copy in the gap after it. Then fill the two empty lines.

c · small letter Start near the top. Curl back and round. Stop.

c c c c c c c c

C Start near the top. Curl back and round. Stop.

C C C C C C C C

e · small letter Start in the middle. Across, up and curl back round.

e e e e e e e e

E Down. Across the top, the middle, the bottom.

E E E E E E E E

f · tall letter Start near the top. Curl back, straight down. Lift — cross at the middle.

f f f f f f f f f f

F Down. Across the top, across the middle.

F F F F F F F F F

Trace each word, then write it underneath — every one has a c, an e or an f in it.

can see for cat

face feed free fed

fee ice off left

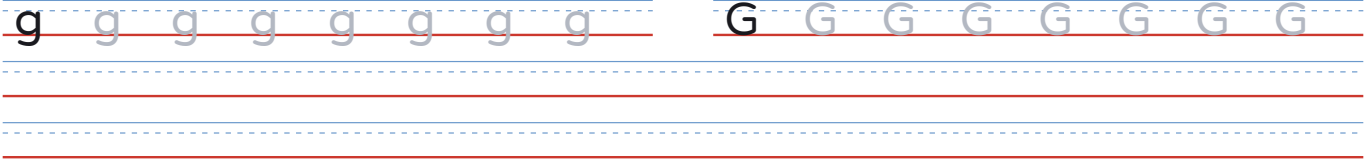
Names start with a capital letter — trace, then write.

Chloe Ella Finn Eve

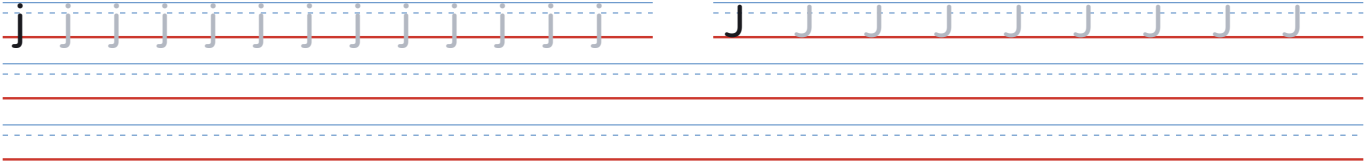
Check: Circle your best c. Are your c and e the same size?

Trace each gray letter — the black one shows you the shape — and write your own copy in the gap after it. Then fill the two empty lines.

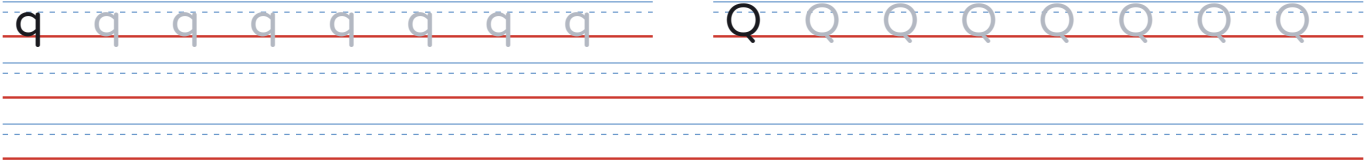
g · tail letter Start at the top. Curl back and round. Go up, then down under the line and curl. G Curl back and round, then across.



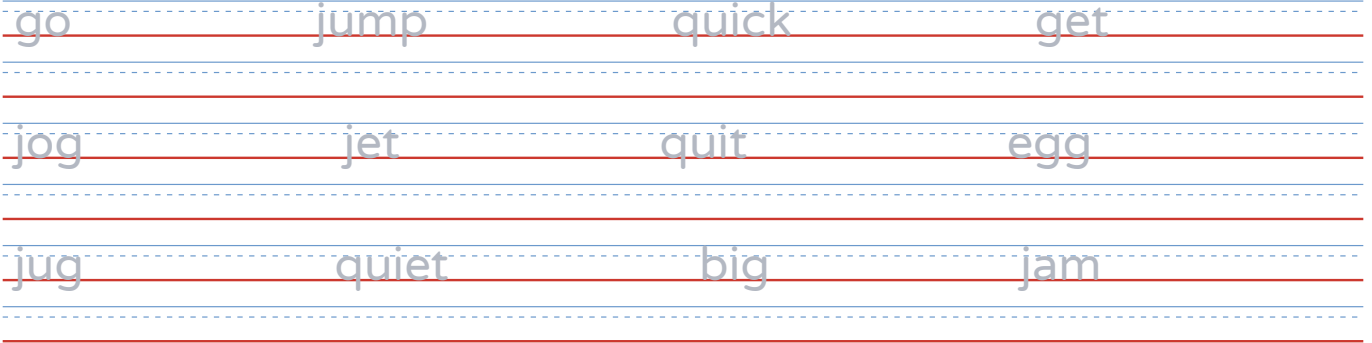
j · tail letter Start at the middle. Straight down under the line, curl. Lift — dot. J Down and curl.



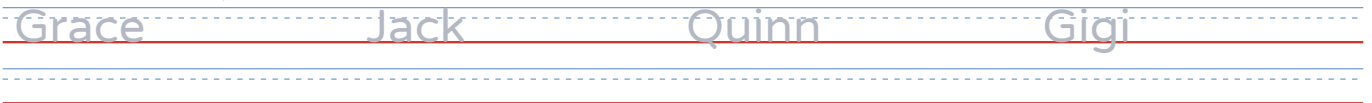
q · tail letter Start at the top. Curl back and round. Go up, then straight down under the line. Q All the way round, then a little tail.



Trace each word, then write it underneath — every one has a g, a j or a q in it.



Names start with a capital letter — trace, then write.

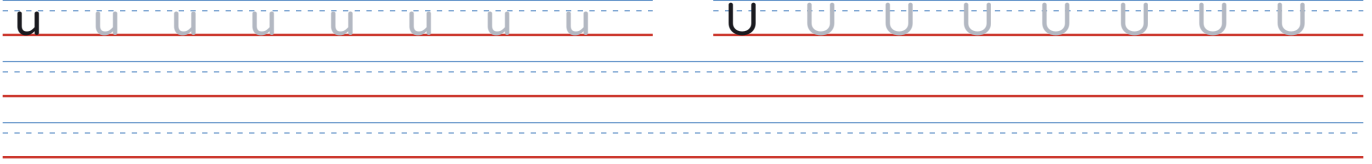


Check: Circle your best g. Do your tails go under the line?

Trace each gray letter — the black one shows you the shape — and write your own copy in the gap after it. Then fill the two empty lines.

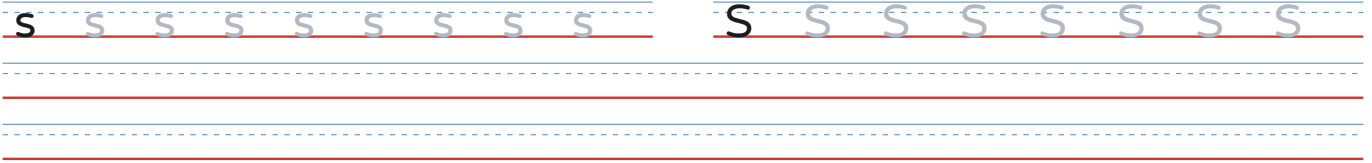
u · small letter Start at the middle. Down, curl round, up, then straight down.

U Down, curve round, up.



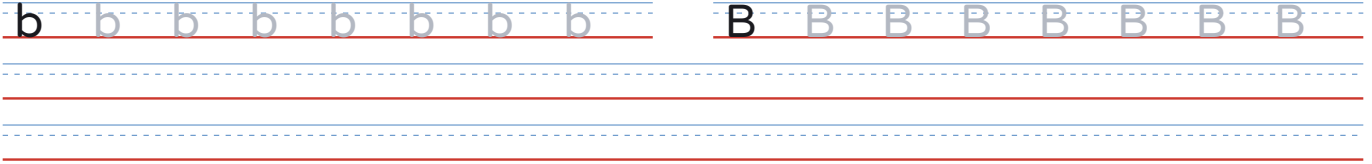
s · small letter Start near the top. Curl back, then round the other way.

S Curl back, then round the other way.



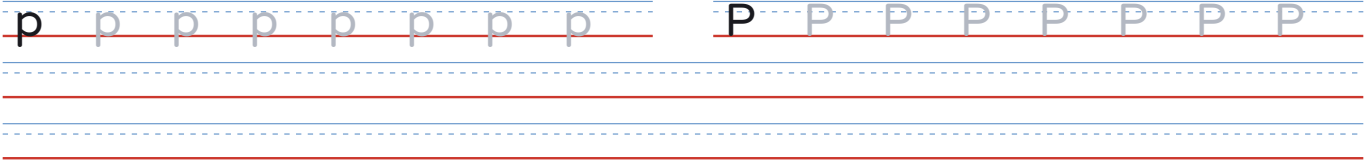
b · tall letter Start at the top. Straight down. Back up and curl round.

B Down. Lift — back to the top, curve, curve.

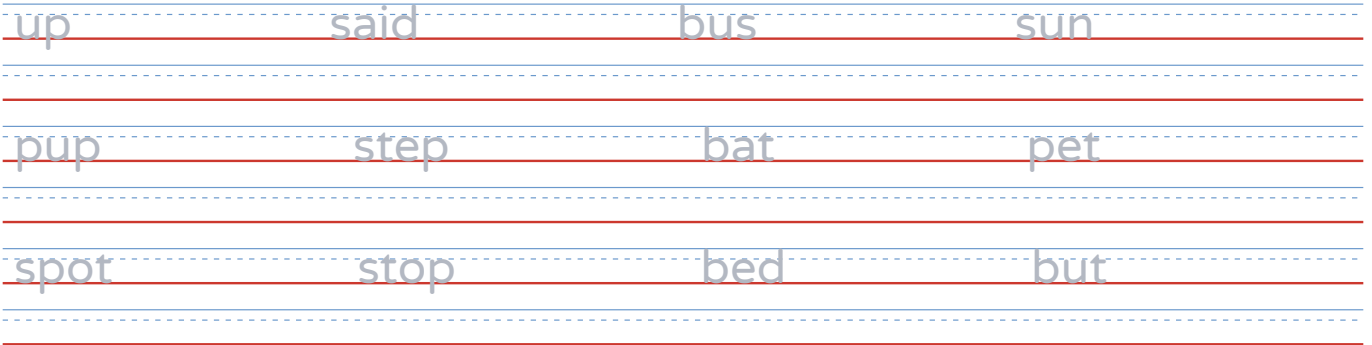


p · tail letter Start at the middle. Straight down under the line. Back up and curl round.

P Down. Lift — back to the top, curve round.



Trace each word, then write it underneath — every one has a u, an s, a b or a p in it.



Names start with a capital letter — trace, then write.



Check: Circle your best s. Are your small letters all the same height?

Trace each gray letter — the black one shows you the shape — and write your own copy in the gap after it. Then fill the two empty lines.

r · small letter Start at the middle. Straight down. Back up and curl over.

R Down. Lift — curve, then slant down.

r r r r r r r r r r r

R R R R R R R R R

n · small letter Start at the middle. Straight down. Back up, over and down.

N Down. Lift — back to the top, slant down, up.

n n n n n n n n n

N N N N N N N N N

m · small letter Start at the middle. Straight down. Back up, over and down, over and down.

M Down. Lift — back to the top, slant down, slant up, down.

m m m m m m m m m

M M M M M M M M M

h · tall letter Start at the top. Straight down. Back up, over and down.

H Down. Down. Across.

h h h h h h h h h

H H H H H H H H H

Trace each word, then write it underneath — every one has an r, an n, an m or an h in it.

red run no me

he help him man

hen mom hat home

Names start with a capital letter — trace, then write.

Ryan Noah Mia Hana

Check: Circle your best n. Do your bumps start at the middle line?

Trace each gray letter — the black one shows you the shape — and write your own copy in the gap after it. Then fill the two empty lines.

v · small letter Start at the middle. Slant down, slant up.

v v v v v v v v

V Slant down, slant up.

V V V V V V V V

y · tail letter Start at the middle. Slant down to the line. Lift — from the middle, slant down under the line.

y y y y y y y y

Y Slant in, slant in, down.

Y Y Y Y Y Y Y Y

w · small letter Start at the middle. Down, up, down, up.

w w w w w w w w

W Down, up, down, up.

W W W W W W W W

Trace each word, then write it underneath — every one has a v, a y or a w in it.

van very you yes

we with was wet

way yet toy yellow

Names start with a capital letter — trace, then write.

Violet Wyatt Willow Ivy

Check: Circle your best w. Are your slanted lines straight?

Trace each gray letter — the black one shows you the shape — and write your own copy in the gap after it. Then fill the two empty lines.

x · small letter Start at the middle. Slant down. Lift — slant down the other way. X Slant down. Lift — slant down the other way.

x x x x x x x x X X X X X X X X

k · tall letter Start at the top. Straight down. Lift — slant in to the middle, slant out. K Down. Lift — slant in, slant out.

k k k k k k k k K K K K K K K K

z · small letter Start at the middle. Across, slant down, across. Z Across, slant down, across.

z z z z z z z z Z Z Z Z Z Z Z Z

Trace each word, then write it underneath — every one has an x, a k or a z in it.

box fox six ax

kid kit key look

zoo zip zap zero

Names start with a capital letter — trace, then write.

Max Kai Zoe Zack

Check: Circle your best k. Do your tall letters touch the top line?

The numbers 0 to 9

Trace the gray numbers, then fill the empty line underneath.

0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

1 1 1 1 1 1 1 1 1 1 1 1 1 1 1

2 2 2 2 2 2 2 2 2 2 2 2 2 2 2

3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

4 4 4 4 4 4 4 4 4 4 4 4 4 4 4

5 5 5 5 5 5 5 5 5 5 5 5 5 5 5

6 6 6 6 6 6 6 6 6 6 6 6 6 6 6

7 7 7 7 7 7 7 7 7 7 7 7 7 7 7

8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

9 9 9 9 9 9 9 9 9 9 9 9 9 9 9

The number words, and one about you.

zero one two three four five six seven eight nine

I am _____ years old.

Sight words 1

Trace the gray word, then write it again in the space.

a	a	and	and	away	away
big	big	blue	blue	can	can
come	come	down	down	find	find
for	for	funny	funny	go	go
help	help	here	here	I	I
in	in	is	is	it	it
jump	jump	little	little	look	look
make	make	me	me	my	my
not	not	one	one	play	play
red	red	run	run	said	said
see	see	the	the	three	three
to	to	two	two	up	up
we	we	where	where	yellow	yellow
you	you	all	all	am	am
are	are	at	at	ate	ate
be	be	black	black	brown	brown
but	but	came	came	did	did
do	do	eat	eat	four	four
get	get	good	good	have	have
he	he	into	into	like	like
must	must	new	new	no	no
now	now	on	on	our	our
out	out	please	please	pretty	pretty
ran	ran	ride	ride	saw	saw
say	say	she	she	so	so
soon	soon	that	that	there	there

Sight words 2

Trace the gray word, then write it again in the space.

they	they	this	this	too	too
under	under	want	want	was	was
well	well	went	went	what	what
white	white	who	who	will	will
with	with	yes	yes	of	of
as	as	his	his	from	from
or	or	had	had	by	by
words	words	were	were	when	when
your	your	use	use	an	an
each	each	which	which	how	how
their	their	if	if	other	other
about	about	many	many	then	then
them	them	these	these	some	some
her	her	would	would	him	him
time	time	has	has	more	more
write	write	way	way	could	could
than	than	first	first	water	water
been	been	called	called	oil	oil
sit	sit	long	long	day	day
made	made	may	may	part	part
lit	lit	tie	tie	lie	lie
let	let	tile	tile	tell	tell
till	till	title	title	ill	ill
tail	tail	dog	dog	add	add
dad	dad	old	old	road	road
load	load	toad	toad	doll	doll

Sight words 3

Trace the gray word, then write it again in the space.

told	told	cat	cat	face	face
feed	feed	free	free	fed	fed
fee	fee	ice	ice	off	off
left	left	quick	quick	jog	jog
jet	jet	quit	quit	egg	egg
jug	jug	quiet	quiet	jam	jam
bus	bus	sun	sun	pup	pup
step	step	bat	bat	pet	pet
spot	spot	stop	stop	bed	bed
man	man	hen	hen	mom	mom
hat	hat	home	home	van	van
very	very	wet	wet	yet	yet
toy	toy	box	box	fox	fox
six	six	ax	ax	kid	kid
kit	kit	key	key	zoo	zoo
zip	zip	zap	zap	zero	zero
five	five	seven	seven	eight	eight
nine	nine	ten	ten	green	green
purple	purple	pink	pink	over	over
sound	sound	take	take	only	only
work	work	know	know	place	place
years	years	live	live	back	back
give	give	most	most	after	after
things	things	just	just	name	name
think	think	great	great	much	much
line	line	right	right	any	any

Days, months and more

Longer words, so there are two to a row. Trace the gray word, then write it again in the space.

Monday

Wednesday

Friday

Sunday

February

April

June

August

October

December

grandpa

brother

friend

why

people

sentence

before

same

follow

also

form

set

end

another

even

because

Tuesday

Thursday

Saturday

January

March

May

July

September

November

grandma

sister

baby

teacher

number

orange

through

means

boy

show

around

small

put

does

large

such

turn

Animals – true facts

Trace the gray sentence, then write it yourself on the line underneath.

Octopuses have three hearts and blue blood.

A group of flamingos is called a flamboyance.

Butterflies taste their food with their feet.

Elephants cannot jump, but they can swim well.

Some frogs freeze in winter and thaw in spring.

Cats sleep for most of the day.

Sharks were here before trees were.

Owls turn their whole head to look around.

A giraffe's tongue is about as long as your arm.

Dolphins sleep with one eye open.

A cow's stomach has four parts.

Your body – true facts

Trace the gray sentence, then write it yourself on the line underneath.

Your heart beats about 100,000 times a day.

You blink about fifteen times every minute.

Your smallest bone is inside your ear.

You are a little taller in the morning.

Babies have about 300 bones. Grown-ups have 206.

The strongest muscle for its size is in your jaw.

You cannot tickle yourself.

Your brain keeps working while you sleep.

Hair and nails are made of the same stuff.

Your fingers have no muscles inside them.

You have thousands of taste buds on your tongue.

Space and Earth – true facts

Trace the gray sentence, then write it yourself on the line underneath.

A day on Venus lasts longer than a year on Venus.

Footprints on the Moon last for millions of years.

The Sun is a star. It is just very close to us.

The Moon is slowly moving away from Earth.

About 1,300 Earths could fit inside Jupiter.

Space is silent, because there is no air.

Lightning is hotter than the outside of the Sun.

Most of the Earth is covered by water.

Mount Everest grows a little taller every year.

One year on Neptune lasts 165 Earth years.

The Earth spins around once every day.

My name and address

Trace the gray words, then finish each line yourself. A grown-up can help you with the address and the number.

My name is

I live at

My town is

My phone number is

About me

I am

I like

I do not like

I can

I have

My friend is

My best day is

I want to

I am good at

My favorite food is

I live with

I feel happy when

A list, and today

Trace the gray words. Write each list word again on its line, then finish the other lines yourself.

My list

1. apples

2. milk

3. bread

4. eggs

5. rice

6. cheese

7. pasta

8. bananas

9. juice

Today — the day first, then the month, then the date

Today is

copy from here:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

January February March April May June July August September October November December

Today I ...

Today I went to

Today I played

Today I ate

I saw a

I helped

I made a

I read about

I liked

Tomorrow I will

Every letter, every number

Trace each gray row, then copy it on to the empty lines underneath.

a b c d e f g h i j k l m n o p q r s t u v w x y z

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

0 1 2 3 4 5 6 7 8 9

Every letter of the alphabet, in one sentence.

The quick brown fox jumps over the lazy dog.

Check: Circle your best line. Is there a letter-o space between your words?

A letter

A real letter, to anyone you like. Trace the gray start of each line, finish it in your own words, and keep going on the line underneath.

Dear

How are you?

I am writing to tell you about

It is

I like it because

I did

It made me feel

The best part was

I hope you

Can we please

I will see you

Love,

Practice paper

Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid blue line, middle dashed blue line, bottom solid red line) for writing practice.

Practice paper

Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid blue, middle dashed blue, bottom solid red) for text entry.